

AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

Jennifer Bennett, MSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



MAY 2015

See our newsletter online at: <http://www.avonct.gov>

Senior Center Coordinator Message

May is *Older Americans Month*!! This is your month to celebrate! I know we're celebrating here at the senior center. We have some fantastic programs. Please be sure to read the newsletter & check out the flyers at the senior center!

Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to *Get into the Act* to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.



This month we honor those who served our country & we celebrate Memorial Day. Please attend our Memorial Day Celebration on Monday, May 18th.

We say goodbye to our intern, Jadin as she finishes her semester at CCSU. Jadin, we thank you for all your hard work, effort, kindness, compassion & sense of humor!

To all of my senior center friends, I celebrate you and thank you for all that you do. We love having you at the senior center & we look forward to a great month!

I am very excited for this month because it marks 9 years of working at the senior center. Thank you all for being a part of our senior center family and being here to celebrate this month.

Respectfully, Jennifer Bennett, MSW

TRIPS

National Baseball Hall of Fame: Sunday, July 26, 2015 - RT motorcoach transportation Admission to the Baseball Hall of Fame. The Baseball Hall of Fame's mission is to preserve history, honor excellence and connect generations. 1:30 pm Induction Ceremony at the Clark Sports Center Leisure time on Main Street Tour Director. **Cost per adult person: \$94.00, Cost per child under 13: \$84.00**

Coins & Claws (Lobster & Casino) Tuesday, July 7, 2015 - Depart from your area en route to ABBOTT'S LOBSTER IN THE ROUGH in Noank, CT. After lunch, we will depart for MOHEGAN SUN CASINO. Upon arrival, you will receive a casino package including a food credit. **Cost Per Person: \$66.00**

Travel arrangements by Silver Mill Tours. Pick up & drop off point is New Britain Commuter Lot- the lot opposite Target on Route 71 south of West Farms Mall.



Delaney House and the Scenic CT River! Tuesday, Aug. 26, 2015 - Today you will enjoy a delicious lunch at the elegant DELANEY HOUSE in Holyoke, MA. After lunch, relax and enjoy a leisurely RIVER CRUISE along one of the loveliest stretches of the Connecticut River. **Cost Per Person: \$91.00**

Schooner Sailing: Wednesday, Sept. 9, 2015 - Today we will travel northeast to picturesque GLOUCESTER, MA. After our luncheon, we will set sail on the 65-foot SCHOONER, the THOMAS E. LANNON, the first such ship in 50 years to be built at the Essex Shipbuilding Museum Shipyard in Essex, MA. **Cost Per Person: \$122.00**

Travel arrangements by Getaway Tours & Cruises. Pick up & drop off points TBD.



For Information & Reservations
Avon Senior Center 860-675-4355

MAY EVENTS 2015

Jennifer Bennett, MSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary
860-675-4355

May is Older Americans Month!!!

Monday, May 4, 2015

"Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 1st Monday of every month from 9:00 am-12:00 pm for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Tuesday, May 5, 2015 from 11:30-1:30

"Free Blood Pressure Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you any have questions, please feel free to call the senior center at 860-675-4355.

Tuesday, May 5, 2015 at 12:45 p.m. "Story of My Life"

Please join Nicole, UCONN Graduate MSW student as she runs this group. Let's get ready to Tell Our Story!! This is a great time to talk about the past; the way things used to be and fun memories and times you had growing up. This group is going to be a time for you to reminisce and share with each other. Please call the senior center at 860-675-4355 to sign up.

Wednesday, May 6, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Friday, May 8, 2015 from 10-2

"RBS 4th Graders are visiting the Senior Center!!"

Please join Mrs. Wall's & Mrs. Kotler's 4th Grade Class from RBS (Roaring Brook School) as they visit the Senior Center. We're going to play Bingo with prizes, do a craft together and eat lunch together. This program is free to all seniors. Please R.S.V.P so we can make sure you have your spot! Please call the senior center at 860-675-4355 to sign up.

Friday, May 8, 2015 from 7-8:30 p.m.

"FREE Swing Band Concert"

Based in Connecticut, *Simply Swing* has become the busiest Big Band style musical group in New England. Featuring six swinging horns, a dynamic rhythm section and vocalist Vivian LaRosa, Simply Swing specializes in performing danceable Big Band and Swing favorites. From the music of Glenn Miller to Duke Ellington, Count Basie to Benny Goodman, Ella Fitzgerald to Natalie Cole, Michael Buble to Diana Krall, *Simply Swing* fills dance floors, leaves toes tapping, fingers snapping and audiences wanting more ... *Simply Swing*! This event is free and open to the public. This community concert is being sponsored by Farmington Bank. Please call the senior center at 860-675-4355 to sign up.



Tuesday, May 12, 2015 at 12:45 p.m. "Story of My Life"

Please join Nicole, UCONN Graduate MSW student as she runs this group. This is a great time to talk about the past; the way things used to be and fun memories and times you had growing up. Please call the senior center at 860-675-4355 to sign up.

Wednesday, May 13, 2015

CLOSED FOR BUDGET REFERENDUM VOTE

Thursday, May 14, 2015 "LGBT Dinner & Movie- Simsbury"

Please join us for a LGBT Elder Dinner & a Movie. The free program is being held at the Simsbury Library- 725 Hopmeadow Street Simsbury, CT 06070. 5:00 Dinner, 5:30 Movie ("Beginners"). Please call the Simsbury Senior Center at 860-658-3273 to sign up.

Monday, May 18, 2015 at 12:00 p.m.

"Memorial Day Celebration Luncheon"

Avon Senior Center & the Senior Citizens of Avon Organization will be celebrating Memorial Day with a Luncheon & entertainment. There will be a delicious meal served with homemade dessert. Jerry Carrillo Orchestra will be here to entertain us. Thank you to Northwest Community Bank! The cost is \$5.00. We are so thankful to the men and women that served this great country! We honor you! Please call the senior center at 860-675-4355 to sign up.

Tuesday, May 19, 2015 at 12:45 p.m. "Story of My Life"

Please join Nicole, UCONN Graduate MSW student as she runs this group. This group is going to be a time for you to reminisce and share with each other. Please call the senior center at 860-675-4355 to sign up.

Wednesday, May 20, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, May 20, 2015 at 12:00 p.m. "Lunch & Learn"

Jonathan Dibble from Morgan Stanley will be here to talk about "Securing Your Legacy". The talk will focus on estate planning and preparing for posterity. This program is free and open to the public. Please call the senior center at 860-675-4355 to sign up.

Monday, May 25, 2015 CLOSED- MEMORIAL DAY HOLIDAY

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

Tuesday, May 26, 2015 DRESS DOWN DAY!!!!

Let's celebrate warm weather!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Tuesday, May 26, 2015 at 12:45 p.m. "Story of My Life"

Please join Nicole, UCONN Graduate MSW student as she runs this group. This group is going to be a time for you to reminisce and share with each other. Please call the senior center at 860-675-4355 to sign up.

Wednesday, May 27, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Thursday, May 28, 2015 at 2:30 p.m.**"Caregiver Support Group"**

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

Friday, May 29, 2015 at 10 a.m.**"Breakfast with October Kitchen"**

The topic will be Five Healthy Steps for living over 65. This will be for celebrating Older American Month. Chef Paul will make us a tasty breakfast and share his love of cooking with us. Sandy will also be here from October Kitchen as we celebrate Older Americans! This is open to Avon & Canton residents, but space is limited. Please sign up early. Please call the senior center at 860-675-4355 to sign up.

Friday, May 29, 2015 from 11a.m. to 2 p.m.**"Free Hearing Screenings"****Hearing Talk and Screening – "Overall Hearing Health and Wellness", by Rich Stokes, HIS**

Give yourself ten minutes to have your hearing professionally checked by AVADA Hearing Care Centers. In just 10 minutes they can check your ear canal for wax buildup and screen you for hearing loss with an audiometer. If you already have hearing aids, they can check them and replace your batteries and/or answer any questions you may have about your hearing device.

Appointments are required for this testing. Please call the senior center at 860-675-4355 to sign up.



Bridge– Tuesdays & Thursdays at 12:30 p.m.– Intermediate

Scrabble– Tuesdays at 1:30 p.m.

Setback– Wednesdays & Fridays at 12:00 p.m.

Ping Pong– Fridays at 10:00 a.m.

Wii Bowling



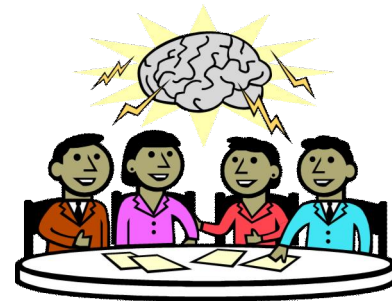
Birthdays

May

Jeannette St.Peter 8th
Lillian Manville 11th
Arthur Atwood 17th
Jim Burns 17th
Mary Kramer 17th
Pam Dudley 18th
Ken Case 28th
Edith Pearce 28th
Samira Fahmy 30th



Thinking Thursdays



Join intern Nicole for brain teasing fun!

Complete the Puzzle
Answer the Riddle
& Think outside the box!!

Every Thursday during lunch



2015 Winter/Spring & Summer Classes (see dates & locations below)

Tai Chi for Seniors - Winter Spring Session II

Date(s) of Class: April 22, 29, May 6, 20, 27, June 10, 17

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Winter Spring Session II

Date(s) of Class: April 29, May 6, 13, 27, June 3, 10, 17

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Winter Spring Session II

Date(s) of Class: April 27, May 11, 18, June 1, 8, 15

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

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Low Impact Zumba - Session II

Date(s) of Class: April 27, May 11, 18, June 1, 8

Day(s), Time & Location: Mondays, 4:35 pm - 5:35 pm

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Drawing - Winter Spring Session II

Date(s) of Class: April 29, May 6, 20, 27, June 10, 17

Day, Time & Location: Wednesdays, 10:00 am - 12:00 pm

Avon Senior Center

Mid-Tempo Summer Session

Date(s) of Class: 06/01/2015 - 09/02/2015

Day(s), Time & Location: MWF, 8:30 am—9:30 am



Avon Senior Center

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See May's menu below:

TUESDAY		THURSDAY	
			
5	Alaskan Pollock w/Seafood Sauce Brown & White Rice Sicilian Blend Vegetables 12-Grain Bread Pineapple Tidbits	7	CRT HAPPY MOTHER'S DAY MEAL! Orange-Pineapple Juice Seasoned Chicken Alfredo Parslied Bowties Broccoli Florets Wheat Dinner Roll Special Dessert
12	Grape Juice Veal Parmesan Egg Noodles Scandinavian Blend Vegetables Parmesan Cheese Italian Bread Fresh Fruit	14	Roast Turkey w/Gravy Cornbread Stuffing Broccoli Spears Dinner Roll Tropical Fruit
19	Spring Vegetable Soup American Chop Suey Zucchini Squash Saltines Club Roll Fresh Fruit	21	CRT HOLIDAY MEAL Orange-Pineapple Juice Hot Dog Baked Beans Sauerkraut Hot Dog Roll Mustard/Relish/Ketchup Banana Pudding w/Whipped Topping
26	Buttercrumb Fish Filet Sweet Potato Fries Red/Green Cabbage Coleslaw w/Shredded Carrots Tartar Sauce 100% Whole Wheat Bread Fresh Fruit	28	Cheesy Vegetable Lasagna Garden Salad w/Cherry Tomatoes & Cucumbers Mixed Vegetables Italian Dressing Rye Bread Fruit Cocktail

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



President - Arthur Atwood

• **Vice President, • Financial Secretary & Cheer- Marie Evans**

• **Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier**

• **Secretary - Marian Hurlbut • Newsletter Correspondent - Katie Ruez**

• **Programs – Helen M. Toth**

Senior Organization President's Message

"Let all thy joys be as the month of May." Francis Quarles

The month of May is special to me. It's my birthday month. A birthday is a milestone for a celebration. It means gathering with friends, receiving gifts, being treated or treating ourselves.

Because the reality is that birthdays aren't always a wonderful "treat" a certain melancholy often surrounds them. Especially at the turn of a decade or another significant life passage, birthdays soberly remind us of unfinished business, how far we still have to go, how little time we have left to be and do what we want. They also starkly confront us with the facts of aging. Cards we receive wisecrack about skin sagging and energy diminishing as candles on the cake increase. If there are no cards, if no one notices, we feel forgotten.....even when we're not sure we ourselves want to remember the day.

Consider yourself surrounded by a radiance that proclaims: This is my special day and I am special. Then carry that feeling, that aura, with you every day. Gather those you love at your hearth or in your heart. Measure your relationships not by gifts that increase your possessions, but by gifts that enrich your heart: loyalty, thoughtfulness, caring and burden sharing. Count a blessing for every candle on your cake. Celebrate the abundance of your life with a joyful positive attitude.

All I can say is, forget the gifts, the cards. All I ask for is GOOD HEALTH....What a precious gift that is!

Arthur

May 2015 – Program Schedule

Everyone is Welcome – Reservations Recommended

May 4th

10:30 – Board Meeting

Noon – Pizza & salad

Dessert

Bingo

May 11th

**Noon – Bring a Brown Bag Lunch
Birthday Cake**

Guest Speaker: Marjorie Winters from the Roaring Brook Nature Center. Topic: Spring Wildflowers
Connecticut has a myriad of spring wildflowers. Discover why they bloom in the spring, where to find them, how they got their names and what makes these plants so special.

May 18th

**Memorial Day Celebration
Luncheon and Dessert**

Combined Memorial Day celebration presented by The Avon Senior Center and the Senior Citizens of Avon Organization... remembering the men and women who died while serving in the country's armed forces.

Entertainment provided by the Jerry Carillo Orchestra. A special thank you goes out to the Northwest Community Bank.

May 25th

**Memorial Day
Senior Center is closed**





Craft Fair / Tag Sale update:

The Senior Citizens of Avon Organization Craft and Tag Sale held on April 25, 2015 was a huge success. Thank you to all for your participation and help in making this event such a success.

Coming up in June:

- Guest Speaker: Jeanne Parker of Avon will discuss the Transcontinental Tour of the United States in 1917. This Tour was done by two women one of whom was from Avon.
- Annual picnic...last meeting until fall. The Marilyn Gadzik Memorial Scholarship will be presented to Emily Stross. Entertainment will be provided by Jerry Lagace and The Bristol Old Tyme Fiddlers.

MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1
8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:00 Senior Organization Board Meeting 12:00 Senior Organization Lunch 12:30 Mah Jongg 4	9:00 Billiards 9:30 Wii Bowling 11:30 FV VNA Blood Pressure Screening 12:00 CRT Lunch 12:30 Bridge 1:00 Wii Bowling 1:30 Scrabble 5	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 ipad 6:00 Zumba- CSP 6	9:00 Billiards 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library 5:00 LGBT Dinner & Movie Simsbury Library 7	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 10:00 RBS Visits! 12:00 Setback 7:00 FREE Swing Band Concert 8
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 3:30 Zumba- ASC 4:35 Low Impact Zumba 11	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble 12	SENIOR CENTER CLOSED FOR BUDGET REFERENDUM VOTE 6:00 Zumba- CSP 13	9:00 Billiards 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library 14	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 15
8:30 Mid Tempo Cardio Class 12:00 Memorial Day Luncheon 12:30 Mah Jongg 3:30 Zumba- ASC 4:35 Low Impact Zumba 18	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Story of My Life 1:30 Scrabble 19	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 2:30 ipad 20	9:00 Billiards 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library 21	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 22
CENTER CLOSED FOR MEMORIAL DAY 25	DRESS DOWN DAY!!! 26 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Story of My Life 1:30 Scrabble	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 ipad 6:00 Zumba- CSP 27	9:00 Billiards 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library 2:30 Caregiver Support Group 28	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 10:00 October Kitchen Breakfast 11:00 AVADA Hearing Screening 12:00 Setback 29

**RESERVED FOR
SPONSORS**

Avon Senior Center



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AVON, CONNECTICUT 06001

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